



**MAIN STUDIO - Schedule Effective OCTOBER 1, 2018**

View the most current daily schedule on the Rosedale Club Member App!

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM							
6:30 AM		<b>HIIT THE CORE</b> Dorota		<b>CARDIO, CORE, BARRE</b> Judi			
7:00 AM	<b>YOGA FLOW</b> Brent	<b>T N T</b> Johnny R					
8:30 AM	<b>PILATES</b> Diane		<b>YOGA FLOW</b> Toni	<b>POWER FLEX</b> Christopher		<b>YOGA FLOW</b> Celton	<b>HEATED YOGA</b> Jonny B
8:30 AM						<b>T N T</b> Johnny R	
9:30 AM	<b>CARDIO, CORE, BARRE</b> Judi	<b>ZUMBA</b> Heather	<b>KICK YOUR ASANA</b> Lexi		<b>POWER FLEX</b> Christopher	<b>CARDIO, CORE, BARRE</b> Judi	
10:30 AM		<b>*PUMP IT UP</b> <b>ILAC-closed session</b> Christopher		<b>*BOOTCAMP</b> <b>ILAC-closed session</b> Lexie	<b>30 Min Stretch</b> Christopher		<b>ZUMBA</b> Floyd
12:00 PM	<b>POWER FLEX</b> Christopher	<b>HUSTLE</b> Johnny R	<b>ABL +</b> Lexi	<b>STREET DANCE</b> Heather	<b>LUNCH CRUNCH</b> Johnny S	<b>POWER FLEX</b> Christopher	<b>YOGILITY</b> Carolyn <b>11:30 AM</b>
12:30 PM					<b>LUNCH CRUNCH</b> Johnny S	<b>LIMITED ENGAGEMENT DANCEHALL w. Dominic Haushofer From Germany</b> <b>UNTIL DEC. 15. @ 1:15</b>	
4:45 PM			<b>BODYWEIGHT BLAST</b> Leigh				
5:30 PM	<b>ROW &amp; RIDE</b> Cardio/ Stength Christopher	<b>YOGA</b> Toni	<b>POWER FLEX</b> Christopher	<b>HUSTLE</b> Cardio/ Stength Johnny R	<b>PILATES</b> Stav	<b>MEMBER NOTES:</b> COATS AND GYM BAGS ARE NOT PERMITTED IN STUDIOS OR ON THE GYM FLOOR <> <b>YOGA REMINDER: PLEASE BRING YOUR OWN MAT TO CLASS.</b> The room is heated at the discretion of the teacher. <> <b>*DIVA DIVERSE</b> is a professional dance company partnering with Rosedale Club. Join in for the dance class or the Dance Training. <u>ALL Levels.</u> See description for more details. Go to: <a href="http://www.DiverDiverse.com">www.DiverDiverse.com</a> Contact <a href="mailto:Christopher@RosedaleClub.com">Christopher@RosedaleClub.com</a>	
6:30 PM	<b>YOGA RHYTHM FLOW</b> Kimmy	<b>TABATA BOOTCAMP</b> Corinna	<b>FUSION MOVEMENT</b> Joanna First Session Oct 17	<b>ZUMBA</b> Edgar			
7:30 PM	<b>POWER FLEX</b> Christopher	<b>POWER PILATES</b> Melissa	<b>*DIVA DIVERSE</b> <b>WORLD DANCE</b> <b>OPEN CALL!</b>	<b>YOGA</b> Edgar			
			<b>7:30 - 8:20 Dance</b> <b>8:25 - 9:30 Official</b> <b>Choreography Class</b>				

**CYCLING STUDIO - Schedule Effective - Schedule Effective OCTOBER 1, 2018**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	<b>45 MIN</b> Kenisha						
7:00 AM			<b>45 MIN</b> Andrew		<b>45 MIN</b> Amy		
8:30 AM							
9:00 AM							<b>60 MIN</b> Karen
9:30 AM	<b>50 MIN</b> Wendy	<b>50 MIN</b> Christopher		<b>50 MIN</b> Christopher		<b>60 MIN</b> Elsa/Christopher	
12:15 PM			<b>45 MIN</b> Christopher	<b>45 MIN</b> Johnny R	<b>MEMBER NOTES:</b> <b>ASK ABOUT FTP EVALUATION SO YOU CAN TRAIN RIGHT!</b> <b>EMAIL: <a href="mailto:Christopher@RosedaleClub.com">Christopher@RosedaleClub.com</a></b> <> <b>FOR ALL SESSIONS ARRIVE 10 MIN EARLY TO SET UP YOUR BIKE AND LOG INTO YOUR WELLNESS APP TO TRACK RESULTS.</b> <b>ALL BIKES ARE SPD CLIP COMPATIBLE.</b> <b>QUESTIONS ABOUT THE GROUP EXERCISE PROGRAM?</b> <b>CONTACT: <a href="mailto:Christopher@RosedaleClub.com">Christopher@RosedaleClub.com</a></b>		
5:30 PM		<b>50 MIN</b> Elsa					
6:30 PM	<b>Music Video Ride!</b> Peter		<b>50 MIN</b> Christopher	<b>50 MIN</b> Johnny R			
7:30 PM							



**MAIN STUDIO - Schedule Effective OCTOBER 15, 2018**

View the most current daily schedule on the Rosedale Club Member App!

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6:00 AM							
6:30 AM		<b>HIIT THE CORE</b> Dorota		<b>CARDIO, CORE, BARRE</b> Judi			
7:00 AM	<b>YOGA FLOW</b> Brent	<b>T N T</b> Johnny R					
8:30 AM	<b>PILATES</b> Diane		<b>YOGA FLOW</b> Toni	<b>POWER FLEX</b> Christopher		<b>YOGA FLOW</b> Celton	<b>HEATED YOGA</b> Jonny B
8:30 AM						<b>T N T</b> Johnny R	
9:30 AM	<b>CARDIO, CORE, BARRE</b> Judi	<b>ZUMBA</b> Heather	<b>KICK YOUR ASANA</b> Lexi		<b>POWER FLEX</b> Christopher	<b>CARDIO, CORE, BARRE</b> Judi	
10:30 AM		<b>*PUMP IT UP</b> <b>ILAC-closed session</b> Christopher		<b>*BOOTCAMP</b> <b>ILAC-closed session</b> Lexie	<b>30 Min Stretch</b> Christopher		<b>ZUMBA</b> Floyd
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4:45 PM			<b>BODYWEIGHT BLAST</b> Leigh				
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7:30 PM	<b>POWER FLEX</b> Christopher	<b>POWER PILATES</b> Melissa	<b>*DIVA DIVERSE</b> <b>WORLD DANCE</b> <b>OPEN CALL!</b>	<b>YOGA</b> Edgar			
			<b>7:30 - 8:20 Dance</b> <b>8:25 - 9:30 Official</b> <b>Choreography Class</b>				

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						<b>MEMBER NOTES:</b> <b>ASK ABOUT FTP EVALUATION SO YOU CAN TRAIN RIGHT!</b> <b>EMAIL: <a href="mailto:Christopher@RosedaleClub.com">Christopher@RosedaleClub.com</a></b> <> <b>FOR ALL SESSIONS ARRIVE 10 MIN EARLY TO SET UP YOUR BIKE AND LOG INTO YOUR WELLNESS APP TO TRACK RESULTS.</b> <b>ALL BIKES ARE SPD CLIP COMPATIBLE.</b> <b>QUESTIONS ABOUT THE GROUP EXERCISE PROGRAM?</b> <b>CONTACT: <a href="mailto:Christopher@RosedaleClub.com">Christopher@RosedaleClub.com</a></b>	
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6:30 PM			<b>50 MIN</b> Christopher	<b>50 MIN</b> Johnny R			
7:30 PM							